



## Study Guide, Episode 122—How to Repent & Receive a Mighty Change

*Alma 5-7*

00:00-11:22	“QOTW: What does it mean to repent & receive a mighty change? How do I do this?”
12:23-23:34	“Repent means to change, transform, go beyond the small self”
23:35-44:51	“‘A mighty change wrought upon your heart’ through His Infinite Atonement”
44:52-END	“Be humble, submissive, gentle, patient, temperate, diligent, ask & give thanks”

- 1) How do you feel when you think about repentance? Does it feel overwhelming? Scary? Exciting? Like a gift? A mix of these? Ponder what repentance means to you, and write about it in your journal.
- 2) Listen to 12:23-23:34 and ponder the varied definitions of repentance. Which resonates most with you? How might redefining repentance help you more fully and joyfully repent, receive a mighty change, and become who the Lord desires you to be?
- 3) “Going beyond the small self”—what does that mean to you? How can you go beyond the small self daily, through repentance, desiring change, and being vulnerable before God?
- 4) As you listen to the cognitive distortions in 12:23-23:34, which stand out to you? Which methods of self-protection do you tend to use most? How do these help or hinder you?
- 5) What does it mean to receive “a mighty change wrought upon your heart”? Have you received this change before? If so, can you still feel it? Why or why not? What is one thing you can do this week to better remember and receive this change?
- 6) Read Alma 7:23. Which of these qualities do you feel you're doing well with at this point in your life? Which qualities need more work? Ponder and pray about these, and then select one quality to work on this week, month or even year. Then, select and work on another. Repeat.
- 7) Set aside time this week to slowly read Alma 5 and use the questions posed as a “personal inventory”. Have you “felt to sing the song of redeeming love?” Do you feel so now? In what ways can Alma 5 help you come unto Christ this week?

### Resources

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